How to Escape from the Western Diet*
(Adapted from *In Defense of Food: An Eater’s Manifesto* by Michael Pollan)

• Don’t eat anything your great grandmother wouldn’t recognize as food
• Shop the peripheries of the supermarket; avoid the center aisles
• Get out of the supermarket when possible (farmer’s markets, CSAs, or your gardens)
• Avoid foods with ingredients 1) you can’t pronounce 2) are more than 5 in number 3) unfamiliar or 4) include high fructose corn syrup
• Avoid products that make health claims
• Eat mostly plants, esp. leaves (antioxidants & Vitamin C – historical rationale)
• You are what you eat eats too (what is your beef eating?)
• If you can, buy a freezer (buy in bulk, stock up in summer)
• Eat like an omnivore (increase the types of foods you eat – watch for the monopoly of corn and soy)
• Eat well-grown foods from healthy soils
• Eat wild foods when possible
• Be the kind of person to take supplements (health conscious, better educated, more affluent), then save your money and try to get all nutrients from your diet. Take a multivitamin if necessary
• Eat more like the French, or the Italians, or the Japanese, or the Indians, or the Greeks (culturally eating is rooted in nature and tradition pairings)
• Regard nontraditional foods with skepticism – watch and think about the lasted innovation
• Don’t look for a magic bullet in a diet
• Have a glass of wine with dinner
• Pay more, eat less
• Eat meals (that require preparing)
• Eat meals at a table (a desk doesn’t count)
• Don’t get your fuel at the same place your car does
• Try not to eat alone
• Consult your gut (know when you are full – don’t clean your plate)
• Eat slowly
• Cook, and if you can, plant a garden

*A Western Diet = highly processed foods, chemicals, cheap calories of sugar & fat, and a few staple crops (corn, wheat, & soy)